

# Social Media Toolkit (English)



#worldNTMday

**M. abscessus is a rapidly growing, multidrug-resistant NTM causing skin/soft tissue infections after cosmetic surgeries**

August 4<sup>th</sup>

An investigation revealed multiple Nontuberculous Mycobacteria (NTM) infections following cosmetic surgeries in Florida due to lapses in infection control at a surgery clinic.



Source: cdc.gov

## Caption:

Mycobacterium abscessus is a strain of nontuberculous mycobacteria that is challenging to treat, and can cause severe skin and soft tissue infections as well as lung disease. 🦠💉

On this World NTM Awareness Day, let's spread awareness about NTM infections, encourage early detection, and support individuals living with NTM. For more resources, visit <https://worldntmday.org/>



**220,000**

individuals in the United States are living with  
nontuberculous mycobacterial (NTM) disease.  
The cases are rising at a rate of

**8%** 


per year, with

**30%**

of these cases being extrapulmonary.

#worldNTMday

## Caption:

On this World NTM Awareness Day, let's learn about the different types of NTM infections and raise awareness about the importance of early diagnosis and treatment. 

Visit <https://worldntmday.org/> for more info on NTM disease.



## EXTRAPULMONARY NTM

### Location:

- Affects organs and tissues outside the lungs

### Symptoms:

Varies based on the affected site

- Skin: Nodules, ulcers, abscesses
- Lymph nodes: Swelling, tenderness
- Bones/joints: Pain, swelling
- Disseminated disease (widespread): Fever, weight loss, fatigue

### Common Species:

- *Mycobacterium marinum*
- *Mycobacterium fortuitum*
- *Mycobacterium chelonae*
- *Mycobacterium abscessus*
- *Mycobacterium avium* complex



## PULMONARY NTM

### Location:

- Affects the lungs

### Symptoms:

- Chronic cough
- Sputum production
- Hemoptysis (coughing up blood)
- Fatigue
- Weight loss
- Night sweats
- Shortness of breath

### Common Species:

- *Mycobacterium avium* complex (MAC)
- *Mycobacterium kansasii*
- *Mycobacterium abscessus*
- *Mycobacterium xenopi*

## Caption:

Do you know the difference between pulmonary and extrapulmonary NTM infections? Nontuberculous Mycobacteria (NTM) can affect different parts of the body, leading to distinct types of infections. Understanding these differences is crucial for accurate diagnosis and treatment. Take control of your illness: partner with your healthcare team to build and maintain a treatment plan that is right for you.

For more resources, visit <https://worldntmday.org/>



*Join our*

***support group***

*to collaborate,  
support, and  
share insights  
with one  
another.*

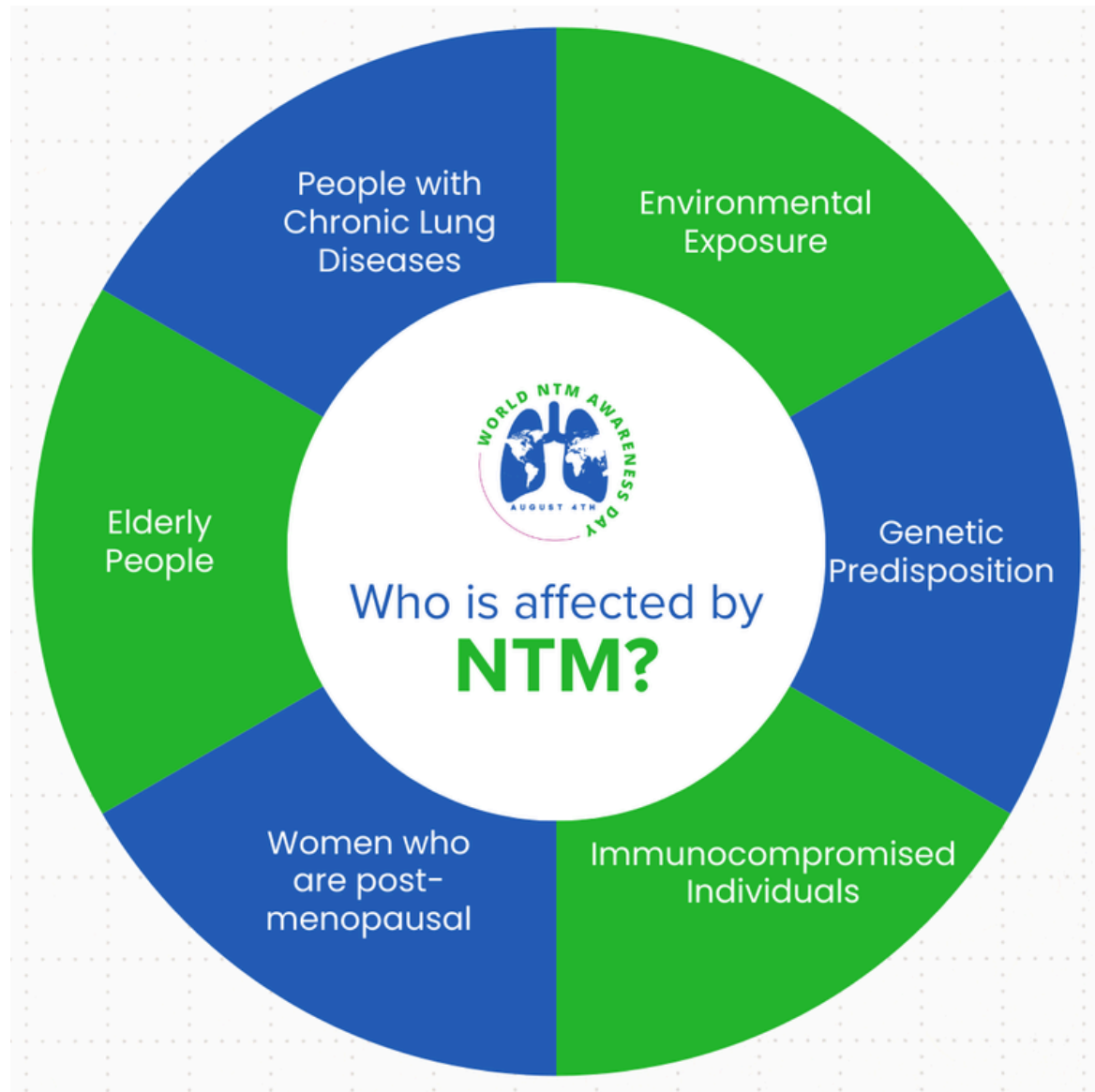


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## Caption:

Have you or a loved one been diagnosed with an NTM infection? Join our NTM Support Groups! 🌟 Connect with others who understand your journey. Share insights, offer support, and collaborate to navigate life with Nontuberculous Mycobacterial (NTM) lung disease. Together, we are stronger! 💪❤️

Visit <https://worldntmday.org/> for more info.



## Caption:

Nontuberculous mycobacteria (NTM) infections can affect a wide range of individuals, but certain groups are at higher risk. Understanding these risk factors can help in early diagnosis and management of NTM infections.

Visit <https://worldntmday.org/> for more info on NTM disease.

August 4<sup>th</sup>



## MAC is NTM



Mycobacterium avium complex (MAC) is a type of Nontuberculous mycobacteria (NTM). It accounts for 80% of all NTM lung disease cases in US.

## Caption:

If you have MAC, you have NTM. Join us in raising awareness about nontuberculous mycobacterial (NTM) infections and the impact they have on individuals worldwide. Together, let's work towards early detection, improved treatment options, and better support for those affected. Together, we can improve the outcomes for people living with NTM.

For more resources on NTM, visit <https://worldntmday.org/>

# Species of NTM Bacteria

Type	Symptoms	Affected Areas
<b>MYCOBACTERIUM AVIUM COMPLEX (MAC)</b>	Persistent cough, sputum production, fatigue, weight loss, and fever	Primarily affects the lungs, but can also affect lymph nodes, skin, and soft tissues
<b>MYCOBACTERIUM ABSCESSUS</b>	Chronic cough, sputum production, fatigue, fever, and skin abscesses	Lungs, skin, soft tissues, and bones
<b>MYCOBACTERIUM KANSASII</b>	Chronic cough, sputum production, fever, night sweats, and weight loss	Primarily affects the lungs but can also involve the skin and other organs in rare cases
<b>MYCOBACTERIUM FORTUITUM</b>	Skin infections, abscesses, and in rare cases, pulmonary symptoms	Skin, soft tissues, surgical wounds, and occasionally lungs
<b>MYCOBACTERIUM MARINUM</b>	Skin lesions, nodules, or ulcers, often following exposure to water or fish tanks	Skin, especially on the extremities following minor trauma in aquatic environments

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## Caption:

There are over 200 species of nontuberculous mycobacteria (NTM), each with unique characteristics and needing different combinations of antibiotics. Treatment of NTM infections can be challenging due to antibiotic resistance and typically involves a combination of antibiotics for an extended period, often months to years. 🦠

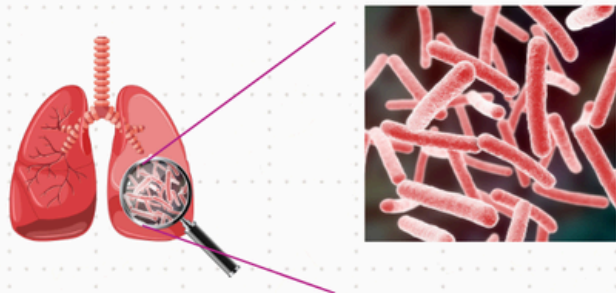
Join us in advocating for education, early detection, and research. For more resources, visit <https://worldntmday.org/>





August 4<sup>th</sup>

## What is **NTM Lung Disease?**



NTM (nontuberculous mycobacteria) lung disease is a chronic infection caused by a group of bacteria found in soil, water, and dust. NTM lung disease is not contagious and is often found in people with underlying lung conditions such as bronchiectasis, COPD, or cystic fibrosis.

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## Caption:

Knowledge is power! Let's empower ourselves with information about nontuberculous mycobacterial (NTM) infections. This World NTM Day, let's empower ourselves. Share this post to spread awareness and help others understand the impact of NTM on respiratory health.

Visit <https://worldntmday.org/> for more info on NTM disease.



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## NTM Treatment



## Caption:

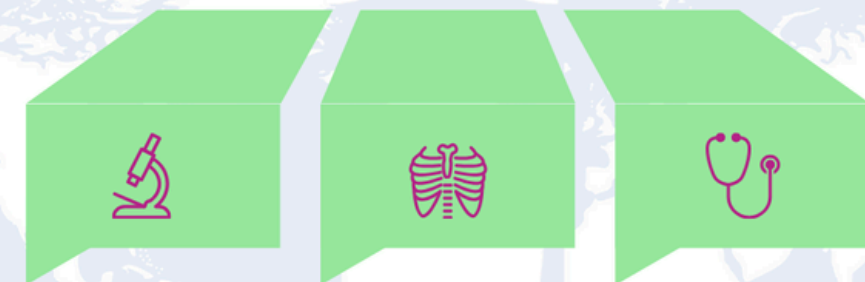
Join us in recognizing World NTM Awareness Day! Today, we stand in solidarity with the nontuberculous mycobacterial (NTM) community, raising our voices to advocate for increased research, better resources, and improved support for those living with NTM. Together, we can make a difference.

Visit <https://worldntmday.org/> for more info on NTM disease.



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## Diagnostic Criteria for NTM Lung Disease



### Microbiological Criteria

Positive culture from  
at least 2 sputum  
samples or 1 positive  
culture from a  
bronchoscopy  
specimen, or  
positive culture on  
lung biopsy

### Radiological Criteria

Bronchiectasis with  
cavities or nodules

### Clinical Criteria

Pulmonary systemic  
symptoms

## Caption:

Early and accurate diagnosis of NTM lung disease is crucial for effective treatment. Stay informed and consult with healthcare professionals for accurate diagnosis and treatment.

Visit <https://worldntmday.org/> for more info on NTM disease.



# Save The Date

## August 4<sup>th</sup>

With **World NTM Awareness Day**,  
we aim to raise awareness of the resources  
available, support patients and families  
impacted by NTM and increase early testing  
to avoid delayed diagnosis.

## Caption:

Join us in raising awareness for World NTM Awareness Day on August 4th!

🌍💙 Let's come together to support those affected by Nontuberculous  
Mycobacterial (NTM) lung disease.🙏

Visit <https://worldntmday.org/> today.





August 4<sup>th</sup>

Today is

## WORLD NTM AWARENESS DAY

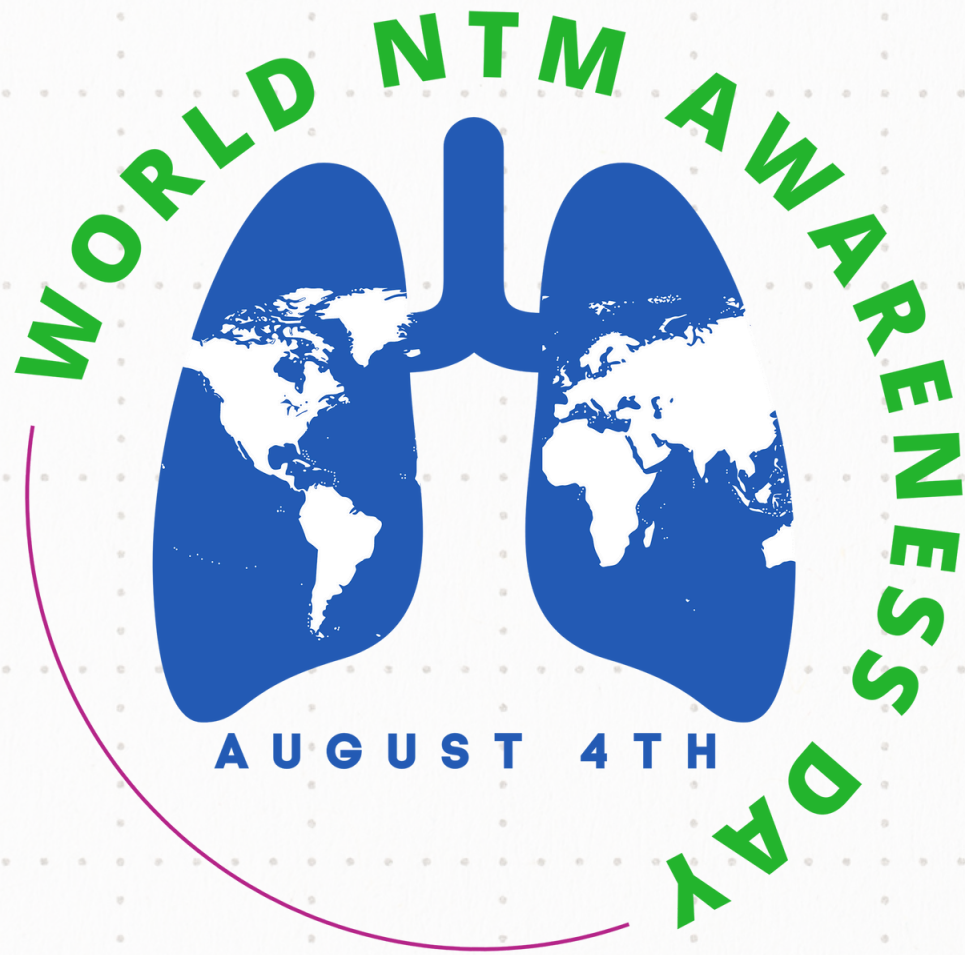
World NTM Awareness Day aims to raise awareness on the resources available to patients and increase early testing to avoid delayed diagnosis.



## Caption:

🌍 Today is World NTM Awareness Day! 🌍

Join us in spreading awareness about Nontuberculous Mycobacterial (NTM) lung disease. Let's educate, support, and advocate for those affected. Visit <https://worldntmday.org/> today.



## Hashtags for World NTM Awareness Day:

#worldntmday2024, #worldntmday, #ntmir, #ntminfo, #ntm,  
#ntmlungdisease, #ntmawareness, #ntmawarenessday, #livingwithntm,  
#bronchiectasis, #strengthineverybreath, #fightntm, #togetheragainstntm